

joslyn center



The **Joslyn Adult Center** provides recreation, education, fitness, and cultural art opportunities for those age 55 and over. Program information and newsletter, "The Best of Times" is available online at:

www.BurbankUSA.com
www.Burbankwire.com

Most activities, classes, and programs (except Nutrition) at Joslyn, Tuttle and McCambridge Centers cost \$1.00, but are free with a current Burbank Senior Activity Card (BSAC). Sign up now for a BSAC. The card is \$10.00 for Burbank residents and \$15.00 for non-residents. Valid for the calendar year and includes a free Discount Directory.

There are convenient locations for programs, services and classes. For more information call:

Joslyn Adult Center
Monday-Friday,
8:00 a.m. - 8:00 p.m.
Saturday-Sunday
9:00 a.m. - 4:00 p.m.
1301 West Olive Avenue
(818) 238-5353



LIKE US ON FACEBOOK!

Tuttle Center
1731 North Ontario Avenue
(818) 238-5367

fitness classes

All classes are drop-in and for those 55+.
Class fees are per session.
Get \$1.00 off with current BSAC card.
For information, call (818) 238-5353.

Monday	
Intermediate Fitness:	8:00 a.m.-\$1.00
T'ai Chi:	1:00 p.m.-\$4.00
Tuesday	
Resistance Training:	8:15 a.m.-\$2.00
Wednesday	
Beginner Fitness	8:30 a.m.-\$1.00
Ballet Stretch Fitness:	9:30 a.m.-\$1.00
Friday	
Chair Exercise:	8:30 p.m.-\$1.00
T'ai Chi:	3:00 p.m.-\$4.00
Saturday	
Balance Class:	12:00 p.m.-\$2.00
Zumba Gold:	1:30 p.m.-\$4.00
Chair Yoga:	2:00 p.m.-\$1.00
Fitness for Life:	2:30 p.m.-\$3.00

Medicare - Updates on Part D Monday, October 28, 10:00 a.m.

Learn about prescription coverage for Medicare including: costs and benefits of Part D, when to enroll, whether you need Part D if you already have drug coverage; and financial help for low-income beneficiaries. Admission is free. Please RSVP to (818) 238-5353.

Social Services and Health Information Fair & Flu Shot Clinic Tuesday, October 30 Health Fair: 8:00 - 11:00 a.m. Flu Shots: 9:00 - 11:00 a.m.

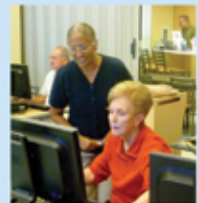


Joslyn Adult Center
1301 West Olive,
Burbank
(818) 238-5370

Get your Flu shots free — plus learn about resources and services for older adults through a variety of vendors representing health providers, service organizations, and more.

Joslyn Cyber Café

Check us out!
We have open labs,
one-on-one tutors
and classes.



Note: All computer users at Joslyn must have a Burbank Library card with Internet access.

Free Open Computer Lab:

Mondays-Friday,
9:30-11:00 a.m. and 1:30-4:00 p.m.
(Mentors will be available to assist you)

One-on-One Training (by appointment):

Tuesdays & Thursdays—12:30-3:30 p.m.
Fridays—1:30-4:00 p.m.
Cost: \$5.00 (\$2.00 with current BSAC card)

Computer Classes: Call for information. New classes are added to suit your interests. Questions or suggestions? Please contact Anni at (818) 238-5353.

Note: computer assessments
(held Mondays between 9:30 - 11:00 a.m.)
are required for enrollment in classes.

fall day trips

The **Joslyn Travel/Recreation Office** offers day trips for adults 55 or older. Registration for October, November, and December 2012 trips will be held **Monday, September 10, 2012** for all. Priority numbers are given out starting at 8:00 a.m. and registration begins at 9:00 a.m.

Coming this fall!

- **Octoberfest** in Big Bear
- **Italian Festival** in San Diego
- **Rockin' with the Ages & the Pink Lady: "The Beat Goes On"** in Hollywood
- **Farberge: "Imperial Jeweler to the Tsars"** at Bowers Museum

For information call **(818) 238-5353:**
Monday-Friday, 9:00-11:00 a.m. or
12:00-2:00 p.m.

information



Information and Social Services

Information and assistance is provided at the Joslyn Adult Center. These services available for those 55+ and include information on activities and community services, such as those listed on this page.

Note: most services require an appointment.

**Call Monday through Friday
8:00 a.m. – 4:30 p.m.
(818) 238-5353**

AARP Driver Safety Program

Lower your insurance premium, and increase your self-confidence and driving skills with this 4-hr driver's safety refresher class. This program is sponsored by AARP and may help you qualify for a renewal of your insurance discount. **Note:** you must have completed the initial full-day class to qualify. It is held on the **second Tuesday of each month**, 12:30 - 4:30 p.m. (depending on number of signups). Fees are \$12.00 for AARP members / \$14.00 for non-AARP members / \$1.00 extra without BSAC card.

Braille Low Vision Rehabilitation Van

This van features a wheelchair lift, LCD televisions for instructional videos, and demonstration areas for the latest low vision devices. Visitors can receive free low-vision rehabilitation consultations and learn more about Braille Institute's Library Services, and qualified patrons can sign up to begin receiving talking books. **Please bring a referral from your eye doctor.**

Hearing Screening / Telephone Program

An Audiologist will examine your ears, check your hearing, and if you have hearing loss, issue a form for a free amplified telephone from the California Telephone Access Program.

Information Program at Joslyn

The Joslyn Adult Center has an Information Program on the **3rd Tuesday of each month** at 10:00 a.m. Learn more about what the Joslyn Adult Center has to offer. Consists of a brief explanation of the various programs, groups, and services that are available, followed by a question and answer period and tour of the building.

Legal Advocate Services

A legal representative from Bet Tzedek (House of Justice) Legal Services is available at the Joslyn Center every **2nd Thursday of the month** to assist low income individuals, 55 years or older.

Medicare Advocate

The Joslyn Center can assist you with information regarding Medicare, Part D, Medigaps, HMO's, and Long Term Care Insurance.

Notary Service

Notary services are available at the Joslyn Center for those 55+ for \$5.00 (free with a BSAC card) every **3rd Wednesday**, starting at 9:30 a.m.

Telephone Reassurance / Friendly Visitor

Burbank residents who are 55+ and are limited in their ability to participate in social/recreational activities can receive a **weekly phone call** or **home visit** by a friendly, caring volunteer.

Volunteer Marketeer Program

Homebound Burbank residents (55+) can let a responsible volunteer do their grocery shopping for them at a mutually agreed upon time. This service is free (donations accepted).

got lunch?



got lunch?

Burbank Adult Nutrition

Adults age 60+, join us for hot lunch, Monday through Friday (except holidays), at 11:15 a.m. Socialize with friends and participate in activities at three locations: Joslyn Adult Center, McCambridge Recreation Center, or Tuttle Adult Center.

Lunch sign-ups are from 9:00 a.m.-11:00 a.m. The suggested donation is \$2.00 per meal.

Joslyn Adult Center
(818) 238-5357

McCambridge Recreation Center
(818) 238-5365

Tuttle Adult Center
(818) 238-5367

Upcoming Events

Halloween Costume Party
Wednesday, October 31
11:00 a.m.

Thanksgiving Day Celebration
Thursday, November 15
11:00 a.m.

Holiday Meal Celebration
Tuesday, December 18
11:00 a.m.

Home Delivered Meals

A Home-Delivered Meal program is available for homebound adults 60+, living in the City of Burbank. Meals are delivered between 10:30 a.m. and 1:00 p.m. for a suggested donation of \$3.00/meal. For application, eligibility requirements or more information call:

Home Delivered Meals
(818) 238-5357



Retired Senior Volunteer Program is a free national service association for individuals 55 and over, and is one of the largest volunteer efforts in the nation. In Burbank, RSVP responds to local community needs through meaningful use of our volunteers' skill at over 70 quality nonprofit or public agencies.

Impact and Benefits of Serving

Volunteering with RSVP brings benefit to the community, the nonprofit or public agency, and the volunteer. Think of what you can do when you give your time to serve.

- **Help yourself:** Through service, you can add to the quality and health of your life. Research indicates that volunteers enjoy better health, make new friendships, stay active and involved in the community, and learn new skills.
- **Save money for agencies you serve:** By donating your time and skills, you help make funds go further for organizations. In California, the value of one volunteer hour is calculated to be \$24.18.
- **Help your community:** Know that you are giving your time, talent, wisdom, and experience to your community and neighbors in need.

More Ways You Can Benefit

Your free enrollment in RSVP entitles you to benefits that support and enhance your volunteer journey.

- **Personalized Matching** - we work to find the right opportunity for your passions, skills, interests, and schedule.
- **Volunteer Insurance** - supplemental accident medical, personal and automobile liability coverage to provide additional security while volunteering.
- **Transportation Reimbursement** - to help defray the cost of service.
- **Recognition** - members are eligible for Presidential Volunteer Service Awards and more at our annual recognition event.
- **RSVP Communications** - through our newsletter, we keep in touch and make you aware of new opportunities, events, and information. Join the half million RSVP members nationwide and put your experience to work in your community today.

ENROLL TODAY! To join RSVP, call us or e-mail us. Membership is free, and all that's required is that you be age 55 or over, complete a registration form, and volunteer at a qualified nonprofit organization or public agency.

RSVP Program at the Joslyn Adult Center
1301 West Olive Avenue
Burbank, CA 91506
(818) 238-5370
www.facebook.com/BurbankRSVP
email: dcall@ci.burbank.ca.us

Corporation for
**NATIONAL &
 COMMUNITY
 SERVICE** ★★ ★



Valley Porcelain Artists Art Exhibit



**Saturday, October 13,
 10:00 a.m.-2:30 p.m.**

Enjoy displays of hand-painted porcelain art, including: decorative and functional, modern and traditional, portraits, landscapes, jewelry, antiques, animal & floral painting. Admission is free.

Joslyn Adult Center
 1301 West Olive Avenue
 Burbank (818) 238-5353

Transportation



**Burbank Bus Senior and Disabled
 Transportation Service**
Reservations (818) 238-5360
Disabled (818) 238-5362
Cancellations (818) 238-5361

Burbank Bus-Senior & Disabled Transit is aimed at reducing the isolation of senior and disabled residents of Burbank. Transportation services are provided to people age 60 and over and individuals with disabilities (any age) with doctor's certification. Burbank Bus Senior and Disabled Transit provides efficient, comfortable, and reliable transportation seven (7) days per week. Reservations are required. Call for more information.

**Metro Tap Pass Senior and Disabled
 Bus Pass Sales Program**
(818) 238-5360

METRO reduced fare senior and disabled monthly bus passes, including TAP Pass reloading: \$7.00 to Burbank residents only, a 50% discount off the normal \$14.00 fare. Seniors must be at least 60 years of age.

Monday-Friday, 1:00 p.m.-4:00 p.m.
 25th of each month through the
 10th of the following month.
 Proof of residency is required.

Burbank Transportation Service Office
Joslyn Adult Center
1301 West Olive Avenue
(818) 238-5360